

Wellness by the Month



Adult Immunization Schedule

Vaccine	How often?	Disease Prevented	Who needs it?
Hepatitis (Hep B)	One series of three injections	Hepatitis B , a disease that causes chronic liver disease	Adults with high risk of exposure, such as health care providers and sanitation workers
Influenza (flu)	Every year	"Flu," which can be especially dangerous to the elderly and people with immune disorders	Adults over age 50; adults with chronic heart, lung or kidney disease; adults with diabetes or an immune disorder; nursing home residents; health care workers
Measles, mumps, rubella (MMR)	One time	<p>Measles, a disease marked by red spots, fever and coughing</p> <p>Mumps, a disease that causes swelling of the salivary glands and may affect the ovaries or testes</p> <p>Rubella ("German measles") A form of measles that, if caught by a pregnant woman, can cause birth defects</p>	Adults born after 1956 who are no known to be immune to all three diseases
Pneumococcal	At least once possibly more often	Pneumonia , an infection that causes inflammation of the lungs	Adults age 65 and older; adults with chronic illnesses such as asthma, COPD, coronary artery disease, or diabetes; adults with immune disorders
Tetanus, diphtheria (Td)	Every 10 years	<p>Tetanus ("lockjaw") a disease that causes muscles of the neck and jaw to spasm</p> <p>Diphtheria, an infection that causes fever, weakness and breathing difficulties</p>	All adults
Travelers' diseases	As needed	Infections such as cholera, typhoid, yellow fever, polio and rabies	Adults traveling out of the country. Required immunizations will vary depending on the country you plan to visit. Talk with your healthcare provider and the embassy or consulate.

Online Medical Reviewer: Godsey, Cynthia M.S., M.S.N., APRN

Online Medical Reviewer: Lambert, J.G. M.D.

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